

NVU-Lyndon

Upward Bound

February 2021 Student Newsletter



Building Expectations, Changing Realities

TRIO Day Will be an All Program Event

February 16th—18th

This year, the annual TRIO day event will be held from **Tuesday, February 16th through to Thursday, February 18th**. Due to the COVID-19 Pandemic, this event will occur completely online. This is good news! Because of the modified format, we have registered all of you for TRIO Day 2021. You will be able to ZOOM in to all three events or just the ones that interest you the most! But BEWARE—registration is \$50 per student so we want to make sure you all attend in some fashion! Let me know if you can not make it! The Conference consists of three days of workshops held from 3:30—5:30 each day. Because you are all registered to attend, you may join in on any workshop or event that seems interesting to you. Keep track of the dates and times of those workshops that interest you. There will be more than 600 Upward Bound students from all over New England in attendance!

In particular, we want you to plan hear our Keynote Speaker, Dr. Anthony Abraham Jack, on Thursday, February 18th at 4:40. But all of you need more information on colleges, hearing from Congress and see what else is offered out there in New England and Beyond. I will send a list of workshops as soon as I have them but Plan on attending at least a little bit every day! This will be part of your commitment to receive your February stipend!

- **Tuesday, February 16th, 3-6PM — Community Day**

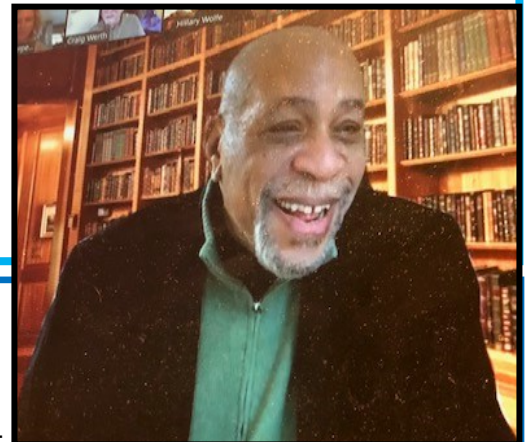
- 3:00—Welcome and Introduction/TRiO Day History and/or TRiO Community
- 3:40—Community Service Panel
- 4:20—Workshops
- 5:10—Maine Outdoor Film Festival

- **Wednesday, February 17th, 3-6PM — Education Day**

- 3:00—Welcome and Introduction
- 3:10—College Fair
- 4:00—Education Pathway to Employment
- 4:10—Industry Fair
- 5:00—Alumni Panel

- **Thursday, February 18th, 3-6PM — Advocacy Day**

- 3:00—Welcome and Introduction/TRiO History
- 3:10—Congressional Speaker/Panel
- 3:50—Workshops
- 4:40—Keynote Speaker: Dr. Anthony Abraham Jack, Harvard Professor, author of the Privileged Poor



A Message from Arnold Mitchem

Arnold Mitchem, founder and current President Emeritus of the Council for Opportunity in Education and lifelong champion for low-income, first-generation students and individuals with disabilities, recently spoke (virtually) with members of Vermont TRIO and the NEOA. For those of you who attended TRIO Day last year he was the Keynote Speaker! Dr. Mitchem has had a profound impact on all TRIO education programs and, indirectly, has had an impact on your lives. He, like all of us, recognizes that students have dealt with incredibly challenging circumstances over the last year. He parted the meeting with these words of wisdom that will hopefully impact you as much as they have impacted us:

"I think back to what Shirley Chisholm told me once which is, 'this too shall pass'. And I don't mean that in a nonchalant way. We have to remember that there is still a long runway ahead for these young people (you!) and encourage them to face it with courage and purpose." -A. Mitchem

2020-2021 Upward Bound Calendar

February	16th –18th	TRIO Day in Portland, Maine (All Upward Bound Students)		
March	6th 17th 21st – 24th	Green Mountain Scholars Bowl at Plattsburgh LI Sophomores take the PSAT National Policy Seminar in Washington DC		
April Gym	5th	5:30 – 8:00	UB Meeting and College Fair	ASAC 100 and
	6th—9th 25th	NEOA Conference and Board Meeting 1:00 - 6:00 Junior SAT Review		Portsmouth, NH ASAC 216
May & Theater	2nd 8th 30th	1:00 – 3:00	Mother's Day Give Away and Meeting Juniors Take SAT I Final Upward Bound Meeting	Bole Theater
June	5th	Juniors Take SAT II (if appropriate)		

**2021 Summer Program
June 13th – July 18th**

"It really is because of this awesome program!
The more I talk about [Upward Bound] the more
people are interested!" - *Chelsea Ott*

Upward Bound Wants You! It's Recruiting Season Again...

We have started recruiting in all of our schools and will be talking to any students who are interested in Upward Bound over the next few months. At each school, we will be running presentations. For us to be successful, we need your input and ask that you spread the word about Upward Bound at Northern Vermont University-Lyndon by talking to your friends about us! We are looking to add about 20 new students to the program this year that will both replace our senior class and meet the mandate from the US Department of Education to increase our student number. This most likely will mean that we expect to have 4-6 non-residential students again this year! If you know of a classmate who is interested in joining Upward Bound, send them to the guidance office to pick up an application! They will then need to complete and return it ASAP!

Please keep in mind the goals for Upward Bound: our students have to be the first in their family to attend a four year college and/or be from modest income home. And, most importantly, they need to be a college-bound student who is interested in completing a four year degree! If you know anyone who is interested, have them call us here at the UB office. We are looking forward to all of the smiling new faces as we prepare for this upcoming summer.

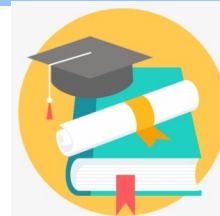
Additionally, we are always happy to send applications directly to students at their homes. If a student or parent calls us, we usually put an application in the mail that day! As you all know, the Upward Bound application is on our website at <https://www.northernvermont.edu/academics/non-traditional-students/upward-bound/lyndon-upward-bound>



"The Beautiful thing about learning is
that nobody can take it away from
you."

-B.B. King

Green Mountain Scholar's Bowl ***March 6th, 2021***



Get your thinking caps on! In March we will be competing against other Upward Bound programs for the chance to win the grand prize—scholarship money! This will be a competitive event! The Scholar's Bowl competition (trivia style) provides students with a chance to meet other scholars from across Vermont and Northern New York! Not only could our program earn some valuable scholarship dollars, but you could also brag to colleges about your first place finish in the Annual Scholars Bowl competition. **We finished THIRD** last year and Ryan is demanding a recount!

We intend to have at least 2 teams of our best sophomores, juniors and seniors to help us regain our Scholar's Bowl Title! Think about being a part of the NVU– Lyndon UB Winning Team. Let us know if you are interested in this outstanding opportunity! **Raymond and Niomi are already looking forward to another chance to take Castleton Upward Bound down!**

Virtual College Visits

Though it is a new year, life remains different and changed thanks to the pandemic. This, unfortunately, means that we still can not physically tour any college campuses. Fear not! Upward Bound is on it! We will be hosting **Virtual College Visits once a month** over the next few months. Many of you participated in a poll which will help us to decide on which colleges we should virtually tour. Be on the look out for more information each month about which college we will be touring. You will be required to sign up to join the event! As always, we hope that you will take full advantage of this opportunity and **attend as many visits as you can!** Here is what we have scheduled:

- Friday, January 29th, 2021—**The University of Southern Maine**
 - This event will take place from 3:30-5:00 PM and will include:
 - Information Session with USM's Vermont Admissions Counselor
 - Virtual, Student Guided Tour of Campus
 - Information Session with TRiO and SSS Counselors
 - Q&A Session
 - Check you email for instructions on how to sign up and attend!
- Thursday, February TBD—**Plymouth State University**
 - This event will take place from 4:00-6:00 PM and will include:
 - TRIO Student & Staff Panel
 - Admission Information Session
 - Virtual Tour
 - Q&A Session
 - Check your email for instructions on how to sign up and attend!



UB Has Snowshoes!

If you and your family have been looking for a fun way to get outside and enjoy the beautiful NEK this winter, look no further! The NVU-L Upward Bound Program has invested in 10 brand new pairs of snowshoes. Keep an eye on your emails and upcoming newsletters—we plan to offer small, Upward Bound led, group outings periodically in the coming months. This will be a great opportunity for us to visit and bound while also getting to enjoy the beautiful Vermont winter!

Can't make it to one of our planned outings but still want to try out the snowshoes? Let us know! We are happy to let trustworthy students and their families borrow a couple of pairs!

Sophomores

PSAT Workshop for Lyndon Institute Sophomores March 7th 1:00pm—5:00pm



It is that time of year again! Well this Year anyway. The PSAT are usually offered in October, but due to the Pandemic, the PSAT's are taking place in March at Lyndon Institute. **Because you are part of Upward Bound, we will be holding a PSAT Workshop on Sunday, March 7th, 2021.** This workshop is **mandatory** for all **Lyndon Institute sophomores!** Right now the plan is to have it on the NVU campus, but we are working with LI to maybe have the training at your school. You should already be signed up to take the PSAT. If you aren't sure if you are, check with your College and Career Counselor as soon as possible.

SAT Gurus **Tim "Mr T" Ulrich** and **Big Billy Goldsworthy** will get you all prepared for this test. This will build on what you did this past summer but also get you back in the mindset to beat this College Board test. Taking the PSAT will better prepare you to take the SAT in your junior year and your results will help you narrow down which sections you need to improve on. Additionally, your score **could help you** may qualify for the National Merit Scholarship.

So mark your Calendars and plan on being with us for the afternoon. You will all follow the LUI Guidelines—just like a school day—social distancing, wearing mask, and constantly cleaning your hands. We will have individual snacks for each of you to make the day go by more quickly!

See you on March 7th!

GPA Matters! Really!

I know that you have all heard me say that your high school GPA is what most colleges really care about. Here it is in REAL MONEY terms! Below is a table of the Scholarship money a student can receive who attends Plymouth State University. Think about the difference a 3.24 or a 3.25 GPA makes on your wallet! It is not only a difference of \$2000 in free money—it is \$10,000 over the 4 years you are at college! That is more than what **Ryan's** first car cost (by about \$9,000)!

And think about it. Just a few minutes more minutes of homework a night and a little more focus could mean the difference between a Presidential or a Deans Scholarship! Plymouth is not the only school that uses a grid like this—many colleges do the same thing. Some will match GPA and SAT scores. Others may just look at SAT Scores. Regardless, if you work hard it will pay off! And this is the example that af-



GPA	Scholarship Name	In-State/NEBHE (per year)	Out-of-State (per year)
3.75 – 4.00	Presidential	\$5,500	\$10,000
3.25 – 3.74	Dean's	\$4,500	\$8,000
2.75 – 3.24	Aspire	\$3,500	\$6,000
2.25 – 2.74	Promise	\$2,000	\$5,000
< 2.25	N/A	\$0	\$0



Juniors

The Right College Matrix for Me *Tips and Tricks for Creating a Realistic College Matrix*

Your college matrix should include up to 7 total schools— **2 safety colleges, 2-3 target colleges, and 1-2 reach schools!** What makes a school a safety, target, or reach?

- A **safety school** is a college that fits your needs (it has your major, is a size you would be comfortable with, and in an area you like), where you meet all of their requirements (GPA, SAT scores, etc.), and that you could afford to attend (you would ideally graduate with less than \$30,000 total).
- A **target school** is a college that would be either your first or second choice to attend. You should land somewhere in the middle of their admission expectations and ultimately have a 50% chance of being accepted.
- **Reach schools** are the most selective colleges on your list—you will probably only have about a 20% chance of being accepted to them. That being said, you should still meet their admissions criteria. To increase your chances of getting accepted, there should be something unique about you that they would be interested in.

So, how do you find these schools in the first place? Start searching! College Board is a great place to start if you have no idea of where to begin. We highly encourage you to consider schools in New England—this includes the University of Vermont, the University of New Hampshire, the University of Southern Maine, and more!

If you find a college that seems appealing to you, conduct a research deep dive! Make sure that they have the degree program that you are looking for—read up on the classes you will be required to take, research the professors in the department, check out where graduates from the program have ended up. Peruse the financial aid page and get a good understand of the potential cost of the school! Discover what they offer for clubs and extracurricular activities, what does the surrounding community have to offer, and more! All of this will help you to figure out if a college is right for you or not! Still need help? Reach out to us! That is what we are here for...

Crafting Your Senior Schedule

As we head into the second semester of your junior year you should begin thinking about the classes you will need to take next year—as a senior! Senior year promises to be busy and challenging, that is if you are doing it right! When you are signing up for your Senior year classes, here are some things that you should be considering:

- **Math**—Have you taken **Algebra I and II** and **Geometry**? If not, you should be signing up to take whichever you are missing. If you have already completed these courses, you should be considering a taking **Pre-Calculus, Statistics, Trigonometry**, etc. Speak with us or your guidance counselor if you are unsure what class you should be in!
- **English**—You should be enrolled in a **senior English** class. If you have space for electives in your schedule, you should seriously consider taking a **public speaking** or **advanced writing** course. Both of these will benefit you when you become a college student!
- **Science**—Colleges expect that their applicants will have completed at least 2 years of **lab-based sciences**. This includes **biology, chemistry, and physics**. If you have not taken three years of science already, you should be enrolling in one of these courses. If you have already taken three years worth and have space in your schedule for a science course, consider enrolling in one!
- **Foreign Language**—A college preparatory schedule should include **at least two years of the same foreign language study**. If you only completed one year of a foreign language, you should be enrolling in a second year of study. If you have already completed two years and have space in your schedule, consider continuing into year three! It will only help you become more competent in the language and shape you into a more worldly citizen! Selective schools may require 4 or more years!
- **Social Studies**—If you have not completed 3 years of social studies classes at this point, you should be enrolling into another class. Consider taking a class in **civics, politics and government, psychology, sociology, economics**, etc.

If you still aren't sure what you should be enrolling in for classes, that is okay! Reach out to us—we will ensure that you are on track to success!

Seniors ~

Seniors! Keep Pushing for Free Money!

We have been excited to hear that many of you are already considering and applying for different scholarships! This is exactly what you should be doing right now! I want to remind you that it is very important for you to stay the course right now! Colleges will be contacting you through snail mail and email and many times they will send financial aid through email contacts! Colleges will also ask you to fill out additional paperwork, apply for scholarships and all things to get you prepared for college. Get organized and spend some time each week clearing out the clutter.

All of you have worked hard to get to this point. Keep pushing to make sure you have everything in place for next year! Take time to go through your college emails thoroughly, keep working hard in all of your classes and enjoy the last few months as a high school student. College will be a tough but wonderful experience for you - almost every Upward Bound student loves college!

Again—you have all worked hard to be prepared for post secondary education. Keep on top of things as you work your way through the cold winter months! And reach out for guidance when you need it!

Vermont Student Scholarships

We are very lucky in Vermont to have the VSAC Scholarship book, which offers a collection of scholarships that you may be eligible for. There have been some changes in recent years however, and we want to make you aware of them. As a part of applying for any of the scholarships in the book you will have to first complete the **Unified Scholarship Application** in addition to the FAFSA. Most of you have completed the VSAC Unified Scholarship Application online—if not, do so now! You can find it on the VSAC website at www.vsac.org/scholarships. Here are a list of the other documents that you will likely need to submit.

- ♦ **Recommendation Letters:** Most scholarships require one or two of these documents.
- ♦ **Essays:** A General Essay is required for all scholarships this year— follow the guidelines in the book
- ♦ **Official Transcript:** A transcript is official if it has a school seal, original signature, or both.
- ♦ **SAT Scores :** This needs to be a copy of the official score report if required.
- ♦ **Any Other Required Documents:** Check to see if you need a resume, portfolio, or anything else!

VSAC wants these items submitted through their website and you and your school will have to upload the required documents. But this may take more time this year and you will have to work very closely with your school! Submitting everything electronically will ensure your application is processed quicker and more accurately. We suggest making time to touch base with your guidance counselor about this process **ASAP**.

And One More Reminder...

Do not forget all the other scholarships that we have been telling you about! Stay organized in this process...and **do not miss deadlines**. Each year we are *shocked* when some Upward Bound students do not do the guaranteed Upward Bound scholarship! Remember we want all of your **VSAC Scholarships sent out in early February** and we want every Upward Bound student to call VSAC to confirm that they have everything they need from you. Each year some unfortunate student finds out after the deadline that they somehow missed part of the application. We are here to help you along the way, but it is *your* responsibility to complete these applications, and triple check that you have done it correctly! I promise it will all be worth it when those scholarship checks start being sent out—hopefully to *your* house!



Seniors Scholarships and Grants

VSAC Scholarships: February 11th VSAC Scholarships, like grants are forms of "gift aid," meaning there is no obligation (under most circumstances) to repay the funds. While grants are generally awarded according to financial need, scholarships are typically based on factors unique to each scholarship. These may include residency, degree program or major, academic achievement, extracurricular activities, and in some cases, financial need. Scholarships, unlike grants, are competitive, meaning that eligible applicants compete for a limited number of awards. We have worked hard to generate a list of scholarships specific to you! Use this as a guide when applying. **All applications postmarked by February 4th!** This should be every Upward Bound students goal! www.VSAC.org



VT EPSCoR: April 1st The VT EPSCoR Center for Workforce Development and Diversity (CWDD) works to cultivate and prepare a diverse science, technology, engineering and math (STEM) workforce in Vermont by inspiring students to enter STEM careers. As part of their work they will award \$5,000 scholarships to Native American (including Abenaki) and **First Generation** college students who enter STEM majors at a Vermont college or university. Scholarships are awarded on the basis of academic standing, letters of recommendation, and an essay detailing career goals. This is the one I emailed you about in December.....take some time if you are eligible! Just ask TC **Daniel Cliché** about this one! <http://epscor.w3.uvm.edu/2/node/134>

Stephen Phillips Memorial Scholarship: Early response applications due **April 2nd**, regular response applications due **May 3rd**. The Stephen Phillips Memorial Scholarship Fund offers renewable, 4-year scholarships to students with financial need who display:

- Academic achievement—good grades and a demanding, rigorous course load.
- Strong writing ability that demonstrates thoroughness and attention to detail. Much of your application will be judged on your essay!
- A strong “sense of other” as displayed through community service or family responsibility, and demonstrated in your application essay.
- A strong work ethic and leadership qualities (works part-time or has a compelling reason for not working), and demonstrated grit and resilience in the face of hardship.



All Upward Bound seniors with a 3.00 or higher GPA should apply for this very important scholarship! <http://phillips-scholarship.org/>

The Upward Bound/ VEOP Scholarship: February 21st This is the *only* guaranteed scholarship you will see and every Upward Bound senior should have this in my office by the deadline...We talked about this during the summer program. The essay prompt is:

“How has the NVU-Lyndon Upward Bound program helped me/is helping me meet my educational goals?”

The Fortier Scholarship: February 21st This is another Scholarship that only NVU-Lyndon UB students are eligible for! It does require a 2.89 GPA –Really! Bryan and Justin are looking forward to reading all 15 NVU-Lyndon Upward Bound scholarship applications! All NVU-Lyndon UB seniors will have a great chance to get \$500.00 of the Fortier's money. You must address each topic below in an essay (limit yourself to a total of 1-2 pages, your answers should be thoughtful and concise).

“Explain the impact community service has had on you and how it has benefited those you have helped. What next? Now that you are graduating and headed for college, what community service do you plan on involving yourself with in the future?”

A Letter From Upward Bound Alum, Rebecca Doucet

Dear Upward Bound,

I'll be graduating this May from Middlebury with a Bachelor's in Neuroscience and a minor in Anthropology. Recently I have been preparing for next year, and for the rest of my path towards meeting my goal of attending medical school and becoming a doctor. I applied to graduate programs for a Masters in Medical Science at 5 schools during November and am waiting to hear back. These programs are 1-2 years long, and are meant to raise my science GPA and understanding in preparation for medical school. This is becoming an increasingly common step on the path to medical school. I quickly learned during my time at Middlebury that science courses are extra challenging for me and that my

grades would need to be better both as I got older at Middlebury and during my time after in order to meet my goals. As I was applying I was scared because I knew very little about graduate school. I had to study for and take the GRE, which is like the graduate school version of the SAT, had to write an essay about how and why I would be a good fit for these programs, and how I overcame struggles during my undergraduate career.

When I first found out this would be a part of my journey I was nervous and resistant because I just wanted to reach my end goal. Now I have come to realize that this will only make me a better candidate for medical school, and that it doesn't matter how long it takes me to get there because I am making the right choices to better prepare myself. These programs have curriculum that directly match the first year of medical school, which means that when I am accepted I will have prior experience and an advantage over my peers! They also include MCAT prep, which is the big standardized tests medical schools look at when you're applying.

I feel great about my opportunities now because I am closer to achieving my goals than I have ever been. Before there was doubt about whether I would be able to make it all the way to medical school, but now I am about to graduate from college as a First Generation college student, and with all the help, support and advice that I got throughout Upward Bound and college I know that I can do it. I may go into debt for a little while with loans for graduate school and medical school, but after I am a physician I can surely pay that off in a reasonable amount of time. It is also comforting to know I didn't accrue any debt during my undergraduate program – that being said it still terrifies my to know how many loans I will have, but I know if I do what I need to do... I will be okay.

- Becky

UPDATE!!!!!!!

I was just notified that I have been accepted to these programs!

- ♦ *Tufts University*
- ♦ *Boston University*
- ♦ *Georgetown University*
- ♦ *The University of Vermont!*

Congratulations Becky!



Career Spotlight

Psychology

Psychology as a college major has grown in popularity tremendously over the last fifteen years. If you are interested in science, behavior, and mental processes then a degree in psychology may be for you!

So, what is psychology? It is “the scientific study of the human mind and how it shapes behavior”. If you pursue an education and, ultimately, career in the field of psychology then you will find work in community and social services, human resources, rehabilitation services, business, criminal justice, education, and more. Attaining a degree in psychology opens up a world of career opportunities!

Many bachelor's programs will allow for you to specialize within the field of psychology, some may even require you to do so. If you intend to pursue a degree in psychology, you should consider what you may like to specialize in. You will have the option to specialize in addiction, child and adolescent development, mental health, forensic psychology, social psychology, industrial organizational psychology, and more.

Where Can I Study Psychology?

Schools in New England:

Castleton University
Champlain College
Northern Vermont University—Lyndon and Johnson
Norwich University
Saint Michael's College
The University of Vermont
Southern New Hampshire University
The University of New Hampshire
The University of New England
Fitchburg State University
Plymouth State University
The University of Maine—Orono
And More...

Possible Careers

Child Psychology
Clinical Psychology
Career Counseling
Caseworker
Developmental Psychology
Forensic Psychology
Social Psychology
Industrial Organizational Psychology
Sports Psychology
Social Psychology
Disability Policy Worker
Human Resource Advisor
Victims' Advocate
Substance Abuse Counselor
Social Services Aide
Research Assistant
Probation/Parole Officer
Psychiatric Aide/Attendant
Behavioral Health Technician
School Counselor
Corrections Officer
Veterans Counselor
Social Worker



Considering Psychology as a career?

You should take classes in: sociology, psychology, child development, chemistry, biology, health and nutrition, writing and language arts, history, advanced math, and more.

Colleges Our Seniors Have been Accepted at...

Almost every NVU—Lyndon Upward Bound student has been accepted at several colleges. Once again this year we have seen many decent award letters and several bad award letters. **Seniors**—get this Scholars out ASAP....**Juniors**, this will be you in less than 1 year!



Kaori Moulton:	Thomas, Keene, UVM, Plymouth, UMF, NVU, Franklin Pierce, USM
David Richardson:	Bentley, UVM, St. Mike's, NVU-L, Wheaton, Thomas, Plymouth, USM, William and Mary, Boston College
Devin Daisey:	NVU-L, Norwich, UNH, USM, NHTI, VTC, NMCC
Ozora Rice:	Thomas, Keene, UVM, UMF, NVU-J Castleton, SUNY Platts, Plymouth
Evan Thorn:	Champlain, NVU, UVM, Wentworth, USM, CMCC, WIT
Marcy Flint:	USM, U MASS Lowell, U MASS Dartmouth, U MASS Amherst, SUNY Buffalo, UNH, USM
Blake Betz:	NHTI, SNHU, Temple, UNH, UMaine Orono,
Patrick Stowell:	VTC, Paul Smiths, Keene, Lincoln Tech, Norwich, NVU, UVM
Miranda Degreenia:	Castleton, The University of Nebraska at Lincoln, UVM UMaine Farmington, NVU-Lyndon, University of Minnesota, Arcadia University, SUNY Oswego, SUNY Plattsburgh
Emma Powers:	U Maine Farmington, USM, NVU-L, Plymouth, Castleton, Saint Mikes, Husson
Natalie Martin:	CCV
David Moody:	BU, Cornell, Brown, Tufts, Franklin W Olin, Northeastern, U Conn, UMO, UVM
Kai Aviles:	Adelphi, UVM, Skidmore, UMF, Plymouth, SUNY Plattsburg,
Caroline Lowry:	U Maine Augusta, Regis College, UVM, NVU - Johnson, Castleton, USM



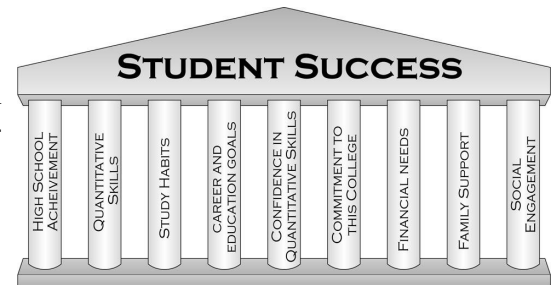
LYNDON UB STUDENT SPOTLIGHT

Kai Aviles

Kai Aviles was recently selected as a semifinalist for the Dell Scholars program. The Dell scholars program selects 500 highly motivated students from across the United States every year who demonstrate the drive to succeed despite personal obstacles. Candidates are chosen by their demonstration of a unique "GPA" of Grit, Potential, and Ambition in their quest for a college education. Kai attends Lyndon Institute in Lyndonville, Vermont, and has been a participant in the Lyndon Upward Bound program housed at Northern Vermont University for the past four years. Kai is extraordinarily bright, kind, and determined and their character and hard work has positioned them for success in college and beyond.

In school, Kai is a stand out student-athlete who takes a full college preparatory and honors level course load while also playing on the varsity ultimate Frisbee team. Kai is also extraordinarily passionate about the performing arts and has dedicated an enormous amount of time and energy to the theater and drama clubs at LI. Kai attributes their time with the theater department at Lyndon Institute as a huge part of their success thus far, and acknowledges that theater has really kept them motivated throughout high school, and is a very safe and inclusive community that Kai is proud to be a part of. Kai is also a very important part of their community and has volunteered over 200 hours with the Saint J. History and Heritage Center, Umbrella, the Green Mountain Book Store, Cobleigh Library, and with LI. Kai truly understands what it means to serve their community and really enjoys giving back and helping whenever they can. Kai is also very passionate about social justice issues and has become a very involved social justice advocate and ally over the past couple of years.

Kai plans to study social work or psychology while in college and they are very prepared to take this next step in their educational journey! Kai has dedicated their entire high school career to future planning, college tours, leadership opportunities, college and career research, getting involved in the community and school and taking a very rigorous college preparatory coursework. This is exactly what a college bound student needs to do to be successful and it will pay off in the form of college acceptances and scholarships for college. Kai is a true emerging leader and rising star and is well positioned for future success. Kai will now work on the second half of the Dell Scholarship application with hopes of becoming a Dell Scholar in March.



Upward Bound Activities:

Band: Lauren, Blake, Devin **Dance:** Chelsea, Kayanna, Aggie, Elly, Felicity **Piano:** Marcy, Leashie Natalie W., Megan **Drivers Ed:** Raymond, Chelsea, Gemma, Eli, Kayanna, Megan **Chorus:** Elly, Madi, Aggie **Theater:** Madi, Gemma **Math Club:** Lauren **Student Government/ Council:** Madi, David R., Gemma, Kayanna, Maple, Kaori **FBLA:** Carver, Raymond **YAC:** Gemma **Swim:** Nya, Hannah, Abby **Cheering:** Aggie (co-captain), Miranda, Kayanna, Maple, Courtney **Cooking:** Raymond **Newspaper:** Raymond

February Student News

New Students: Congratulations to **Makenna Emmons** and **Lilyan Miller**!

Kaori Moulton was accepted into Thomas College with the Magna Cum Laude scholarship worth 16,000 per year! For those of you keeping track that's \$64,000 total! Congrats Kaori!...

Evan Thorn will have nearly a full ride to CMCC if he wants it!... Congrats on an outstanding award letter Evan!... **Will Carter** just returned from South Carolina and is ready for a new semester at St. Jay....**Raymond Lemrise** is considering Law school... **Megan Gifford** baked bread over her holiday vacation. And wants to help Rick recruit at Hazen...**Chelsea Ott** is touring MIT and Dartmouth this month...**Lauren Girouard** got her license! She is still practicing parking... **Nya Jewell** and **Lizzie Duranleau** also recently got their licenses... Stay off the sidewalks of SJA for awhile!... **Carver Parson** is planning to join the LR Track and Baseball teams as soon as athletics resume...**Colby LaFleur** has been busy with Basketball...**Natalie Martin** has a great plan for her future!...**Blake Betz** has been busy taking apart and rebuilding computers...**Marcy Flint** was recently accepted into SUNY Buffalo! Congrats Marcy...**Abby Harrington** is hoping to do some skiing or ice-skating in the near future and has been playing animal crossing on her new Nintendo switch!... She also made Rick's whole year with a good luck email!...**Caroline Lowry** is gearing up for two online college classes next semester!... **David Richardson** is working hard and was recently accepted to the University of Southern Maine with a really good financial aid package!... **Devin Daisey** is enjoying the new hybrid model at Rivendell and is trying to understand physics!... **Ben Perreault** is also enjoying being back in school twice a week and had his best trimester ever in this fall!... **Aggie Lafleur** is doing well in school and is happy that cheerleading is back on at LI!... She was also the first junior to submit all of her Discover Essays and Junior Essay!... Where in the world is **Natalie Daigle** and **Adalia Griffith**???...**Miranda Degreenia** has new future goals... she wants to have the largest beanie baby collection in the world. We don't think you need a college degree for that Maranda!...**Courtney Lewis** is excited to be back in the rink, playing hockey...**Eli Hooker** is excited to begin the JV Basketball season...**Felicity Perreault** got her hair cut for the first time since March 2020!...**Bethany Goodwin** recommends "The Graveyard Book" if you are looking for something to read...**Gemma Stowell** is doing incredible work with Umbrella and was even hired as an intermediary staff by the organization, we are so proud!... **Natalie Webster** is considering biology as a college major... **Desiree Mendez** is happy to be back at SJA and is enjoying her classes so far!... **Joy Ruggles** is hoping to take a mission trip with her family to Guatemala in the near future...**Emma Powers'** capstone is going to be about if and why teens are reading less, we can't wait to see her findings!...**Elly Bliss'** Discover Essays were incredible! Well done!... **Joey Seplveda-Muniz** is working hard to find and secure a part-time job...**Alex Pitt** broke his computer...**David Moody** is back at college and now applying to some selective programs...**Ryan Moulton** is an excellent writing but a bad counter... **Kai Aviles** was recently spotted out with Bernie... **Maple Bottinelli**... **Ozora Rice** is still figuring out her plans post graduation... **Patrick Stowell** has been seeing the college acceptance letters roll in!... **Madi Wilson** has been busy workin on her Coolidge application and also applying to the "inspiring Girls Expeditions" program...**Maple Bottinelli** has been trying to hit the slopes as much as possible... **Kayanna Burns** is working extraordinarily hard in her

2nd Quarter Honor Roll
Lizzy Duranleau
Nya Jewell
Carter Gingue
Patrick Stowell
Benjamin Perreault

High Honor Roll
Makenna Emmons
Eli Hooker

Lilyan Miller
Aggie LaFleur
Chelsea Ott
Joy Ruggles
Gemma Stowell
Natalie Webster
Elly Bliss
Maple Bottinelli
Kayanna Burns
Madison Wilson
Miranda DeGrennia
Emma Powers

classes... **Aliceah Silver** wrote some very thoughtful and impactful discover essays... **Hannah Jewell** is still "discovering" hers... **Niomi Wilkins** is excited for the USM tour!...



Upward Bound February Birthdays:

Bethany Goodwin: 02/09



CONTACT US:

Upward Bound Office (802) 626-5000 626-6481
Our Toll Free Number (800) 254-500
Fax Number: (802) 626-4803
Rick Williams - home (802)-626-3814
Email - richard.williams@northernvermont.edu
Ryan Fauci - cell (802) 431-5956
Email - ryan.fauci@northernvermont.edu
Kelsea Goodrow - cell (603) 913-9334
Email - ksg04070@nvu.vsc.edu
Web: <https://www.northernvermont.edu/academics/non-traditional-students/upward-bound/lyndon-upward-bound>
Mailing Address:
Upward Bound
Northern Vermont University-Lyndon
1001 College Rd.
Lyndonville, VT 05851